

A Little Help.... Cooking!

Some simple things you can do with
your preschool-aged child...



- *rinse and dry off fresh fruits and vegetables
- *spread margarine or peanut butter on toast
- *stir thawed concentrated juice and water
- *fill a bowl with cereal for breakfast or a snack
- *sprinkle grated cheese on a salad or pasta
- *separate slices of sliced cheese to use on sandwiches
- *open the lid of a small yogurt container



- *use a teaspoon or tablespoon to "measure" ingredients with your help
- *let children help you clean-up in the kitchen -



Some safety tips for kids in the kitchen..

- *Use back burners on the stove when cooking. Always place handles towards the back of the stove.
- *If you heat food in the microwave, always test the temperature before you give it to your child to eat.
- *Keep coffee, hot water, and other hot liquids out of your child's reach. Do not have these things in your hand when you are holding your child. Don't place them on the edge of the counter or table.
- *Bring the ingredients, bowls, and tools to a table instead of a kitchen counter. This will make it easier and safer for your child to work.
- *Always work together with you child in the kitchen.

